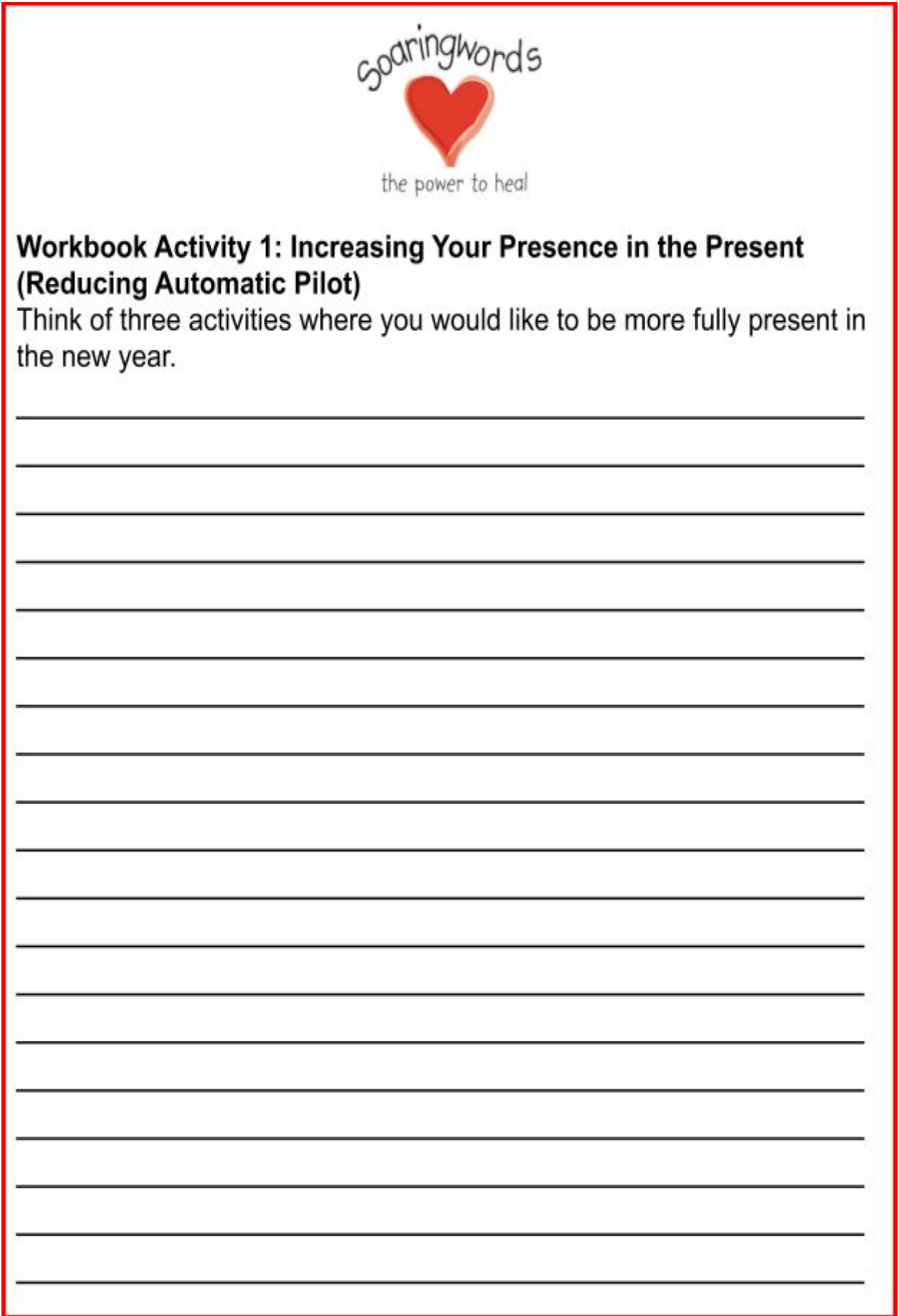




Soaring into Resilience Workbook

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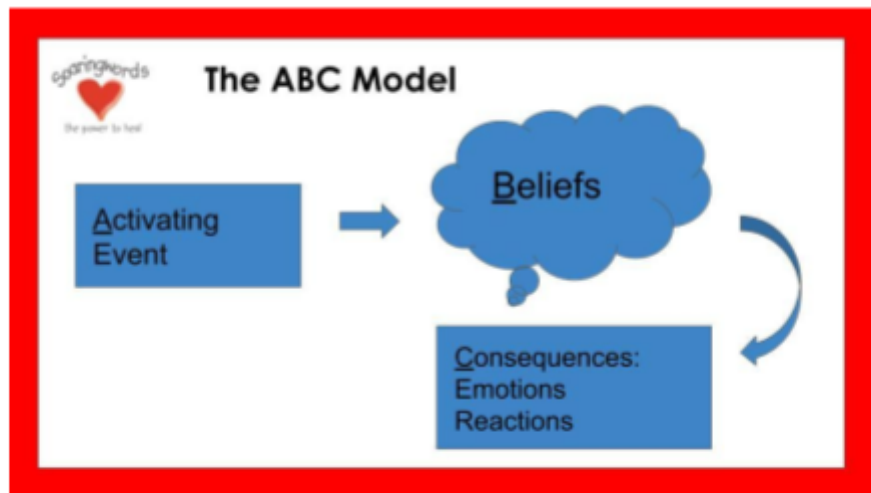


soaringwords



the power to heal

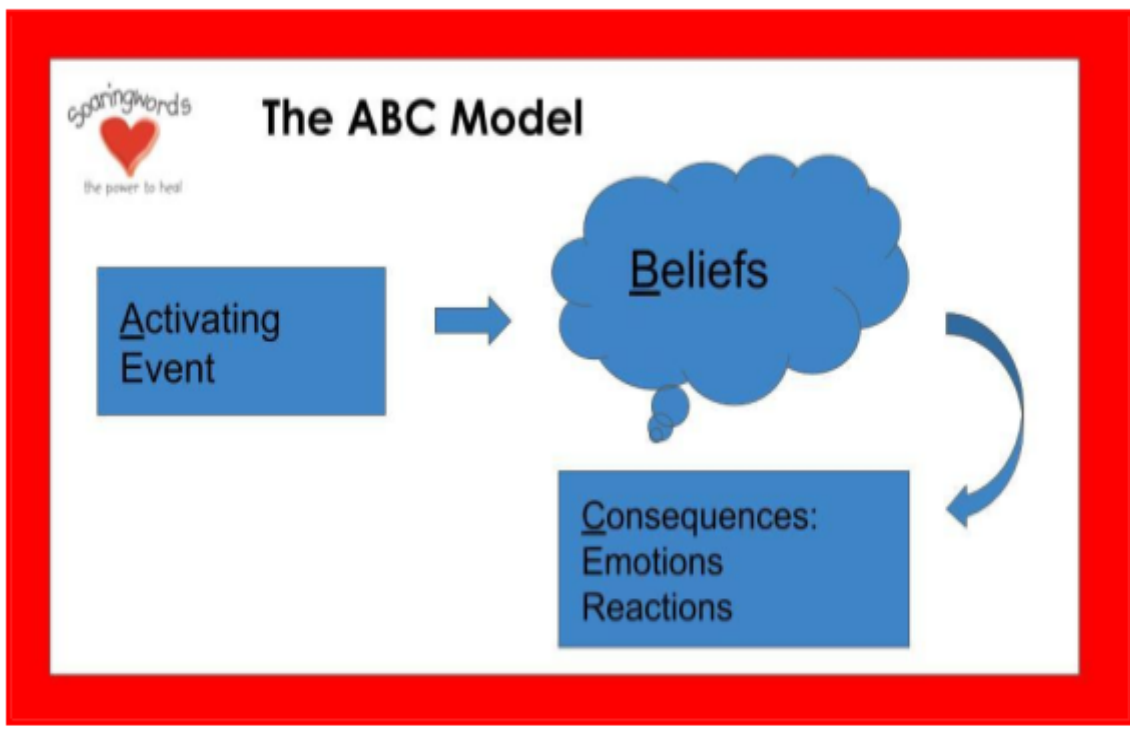
Workbook Activity: ABC Model Beliefs and Consequences

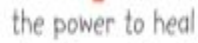


Beliefs	Emotional Consequences
Loss (I have lost something)	Sadness/Withdrawal
Danger (Something bad is going to happen and I can't handle it)	Anxiety/Agitation
Trespass (I have been harmed)	Anger/Aggression
Inflicting harm (I have caused harm)	Guilt/Apologizing
Negative comparison (I don't measure up)	Embarrassment/Hiding
Positive contribution (I contributed in a positive way)	Pride/Sharing, planning future achievements
Appreciating what you have received (I have received a gift that I value)	Gratitude/Giving back, paying forward
Positive future (Things can change for the better)	Hope/Energizing, taking action



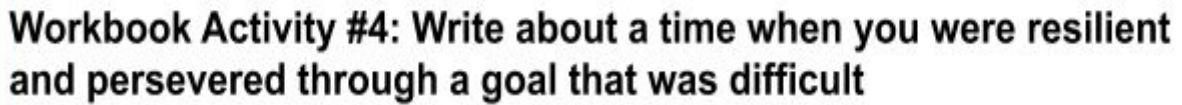
Workbook Activity #2: Using your ABCs to Transform Negative Habitual Thinking





Think of something where you tend to avoid the challenge before you try.

This image shows a full page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for handwriting practice or general writing. There are no margins, text, or other markings on the page.



This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.





Workbook Activity #6: Growth Mindset

List three examples where you used a Growth mindset to overcome a challenge:

1.

2.

3.



Think of something in your life - a goal or a chore - where you have more Extrinsic motivation than Intrinsic motivation for persisting. (In other words, it's more of a "should" or "have to do" than "want to do"). List three things that could make you feel more personally invested and intrinsically motivated to be more resilient towards this activity or goal?

[illegible]



Workbook Activity #8: Best Possible Future Self

Describe your Best Possible Future Self. What strengths does your Best Self embody?

How are you using your Resilience to live your Best Possible Future Self?

Write down some SMART goal (Specific, Measurable, Achievable, Realistic, Time-based) that would help you attain your Best Possible Future Self.

Guidelines for Creating Soaring Superheroes

Strength and greatness is inside of everyone. What makes you feel powerful, brave and strong? What makes you feel like you at your best?

Modern scientists have identified 24 character strengths from research all around the world. You can use your strengths to inspire hospitalized children! Your Superhero can be brave and strong, helpful, loving or comforting. Use your imagination!

Here's How to Get Started:

Look at the Character Strengths handout and circle your best strengths. These are the things that remind you of what makes you unique.

Choose what kind of Superhero you want to make today. You can base your superhero on the character strengths you chose. Here are some ideas to get started, you can:

- a. Invent your own Superhero
 - b. Choose a famous Superhero
 - c. Pick a hero or heroine from mythology
 - d. Select a person from your life or somebody famous
3. Write the name of your Superhero on the top of the page and then draw your Superhero within the Soaringwords Border, using lots of colors.
 4. Write a superhero message for someone else. You can also write your superhero's special powers, based on your top character strengths.
 5. Write your first name and age on the bottom of the page.

Pointers:

Do make your picture really big. Fill the entire page with your picture and message.

Do make your picture really bright and colorful.

Don't write or draw anything violent.

Don't write "Get Well Soon", "Feel better"

Don't say anything religious like "God Loves You..." or draw angels, since the patient may be from another religious background.



SoaringSuperheroes®

(Superhero Name)

Created for you by: _____

Age: _____

www.soaringwords.org